

STUDIO EVENTS

~ MINDFULNESS AS A PATH TO HABIT CHANGE with Aparna

With mindfulness practices we can learn how to bring habitual behaviors and thought patterns into awareness and see them with greater clarity & wisdom. Take home powerful tools to train your mind, implement a new rewarding pattern and create a compassionate action plan.

Sunday March 24th, 11- 2pm, \$40. RSVP required. Please call 227-7765 to reserve your space.

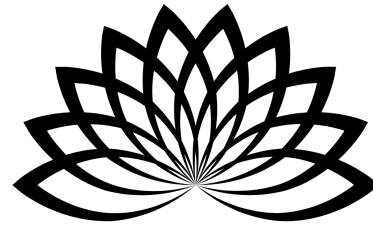
~ KIRTAN with Aparna & Friends

Experience the power of mantra and and collective chanting. Based in the Bhakti Yoga tradition, kirtan will leave you blissed out and filled with positive energy. **Friday March 29th, 6-7.30pm , \$15 drop in**

~ 200hr Foundation Yoga Teacher Training

Take a program that takes you deeper into the essence, science and technique of yoga practices for your body-mind-spirit health. Simply put, "It is a once in a life time experience".

GRAB A BROCHURE FOR MORE INFO. Begins April 2019.



OUR MISSION

To empower people and communities to realize their full potential through the transformative wisdom, power and practice of Yoga, Ayurveda & Mindfulness.

Yogasaar offers a variety of workshops and events throughout the year. For more information, or to book your event at Yogasaar, please contact us at :

aparna@livingyouryoga.org

OR

www.livingyouryoga.org



Registered Yoga School



Registered Yoga School



2205 Silver Ave SE

Albuquerque, NM

MARCH 2019

Schedule of Classes

Questions?

aparna@livingyouryoga.org

www.livingyouryoga.org

facebook.com/yogasaar



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|---|---|---|---|---|
| <p>9-10.15am Level 1 Flow with Aparna</p> <p>5:45-7:00 pm Mixed Level Flow with Aparna</p> | <p>9-10:15 am Level I Flow with Aparna</p> <p>5:30-6:45 pm Mixed Level Flow with Aparna</p> <p>7:00-7:45 pm Mindful U – Applied Meditation with Aparna (No class 3/05)</p> | <p>6-7 am Wake up & Flow With Robert</p> <p>9-10:15 am Level 1 Yoga With Kate \$12 drop in</p> <p>5:45-7:00 pm Mixed Level Flow with Aparna</p> <p>7:15-8:30 pm Yin Restore with Roberta \$12 drop in</p> | <p>9:00-10:15 am Level I Flow with Roberta</p> <p>5:30-6:45 pm Mixed Level Flow with Aparna</p> <p>7:00-7:45 pm Mindful U – Applied Meditation with Aparna (No class 3/07)</p> | <p>11.30-12.45pm Level 1 Flow with Aparna</p> <p>6-7:15 pm Level I Flow with Tonya/ Roberta</p> | <p>10 am-11:30 am Level 2-3 Flow with Aparna (No class 3/02 & 3/09)</p> <p>READ MORE ABOUT OUR WEEKEND EVENTS ON THE OTHER SIDE</p> | <p>4.30-6 pm Restorative Yin w/ Sound bath With Robert</p> <p>9.30 - 10.30am Yoga for Kids with Anna (Only 03/31)</p> <p>11 am-12 pm Yang Flows with Roberta (Only 03/31) \$10 drop in</p> <p>12.30 - 1.30pm Family Yoga with Anna (Only 03/31)</p> |

Class Bundles *(Prices do not include tax)*
 \$15 Drop in
 \$60 for 8 Classes a Month – Ideal to practice twice a week (Students \$50)
 \$90 for 12 Classes a Month – Ideal to practice 3 times a week (Students \$80)
 \$120 One Month Unlimited Classes (excludes monthly classes)
 \$90 Aparna’s Tues & Thurs Yoga & Meditation Bundle (Students \$80)
 OPEN BUNDLE Valid for 6 months : 10 classes \$100 or 12 classes \$120

New Student Special!

**\$99 for 3 months of
UNLIMITED YOGA**

**Special Pricing
for Veterans**
 \$7 drop in or
 \$50 for 8 classes a month